

Kayak Youth Camp (Ages 12-16)

The sea kayak is the perfect vehicle for exploring our local waters – lakes, the Ct River and the Sound. The Youth Kayak Camp will progress from beginner through intermediate paddle skills. These classes will be offered in three day blocks for 3.5 hours per day. Sea kayaks, paddles and all safety gear will be supplied. A list of appropriate clothing and personal gear (sun block, hat, sunglasses, water, etc.) will be supplied prior to the start of camp. This camp will cover basic strokes, bracing, boat handling, self and assisted rescues and navigational rules of the road. Skill strengthening games will be played and there will be plenty of time to get wet and cool off. We will encourage teamwork, respect for the environment and self-reliance. Students will have fun and learn new skills on the beautiful and historic waterfront that is our backyard. Our instructor, Gerry Polinsky of Sea Sherpa Kayak is an ACA certified, Level 4, Open Water instructor and a NOLS trained Outdoor Educator. He is trained in CPR and first aid. Our goal is to encourage young paddlers to lead the sport into the next generation.

There are two sessions to choose from:

Session 1: Sunday July 26th-Tuesday July 29th

Session 2: Wednesday July 30th-Friday August 1st.

Times: Both sessions will run from 12:30pm-4:00pm

Location: Main Street Park

Cost: \$160 per session

To register please complete a program waiver form and return to
Town of Essex
Park and Recreation
29 West Ave
Essex, CT 06426

Please be sure to indicate the session your camper will be attending.
Deadline for registration is Friday July 10th